

Matrix of Oppression Expanded

Social Identity Categories	Privileged Social Groups	Border Social Groups ↔↔↔↔↔↔	Targeted Social Groups	Ism
Race	White People	Biracial People (White/Latino, Black, Asian)	Asian, Black, Latino, Native People	Racism
Sex	Bio Men	Transsexual, Intersex People	Bio Women	Sexism
Gender	Gender Conforming Bio Men and Women	Gender Ambiguous Bio Men and Women	Transgender, Genderqueer, Intersex People	Transgender Oppression
Sexual Orientation	Heterosexual People	Bisexual People	Lesbians, Gay Men	Heterosexism
Class <i>Overly broad (2024.04.10)</i>	Rich, Upper-Class People	Middle-Class People	Working Class, Poor People <i>Poverty/Trauma related to poverty</i>	Classism
Ability/Disability <i>The invisible vs. the obvious</i> <i>Neurodivergent</i>	Temporarily Abled-Bodied People	People with Temporary Disabilities	People with Disabilities	Ableism
Religion	Protestants	Roman Catholic (historically)	Jews, Muslims, Hindus	Religious Oppression
Age	Adults	Young Adults	Elders, Young People	Ageism/Adultism
Education	College Degree	High School Degree	Limited Education	
Language	English	Bi-lingual	limited English proficiency	
Citizenship	U. S. Born	Naturalized Citizen	Immigrate, undocumented	
Physical Health			Chronic Illness	
Mental Health				
Body Image	Normal Weight (BMI)	Overweight	Obese	
Family Dynamics				

Adapted from ©Teaching for Diversity and Social Justice, Second Edition, Routledge, 2007

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